

**ADULT PROTECTIVE SERVICES/MULTI-DISCIPLINARY TEAM
TWENTY-THIRD ANNUAL CONFERENCE**

MAY 3, 2010

West Valley Adult Protective Services/Multi-Disciplinary Team of San Bernardino County presents:

Disability and Diversity in the New Decade

AGENDA

- 7:30 - 8:15 a.m. **REGISTRATION**
- 7:45 - 8:30 a.m. **DISPLAY TABLES, SENIOR ART EXHIBIT & NETWORKING**
- 8:30 - 9:30 a.m. **OPENING SESSION: WELCOME**
- WELCOME - Colleen Krygier, Director, San Bernardino County,
Department of Aging and Adult Services**
- KEYNOTE SPEAKER: – “The Pursuit of Happiness In These
Challenging Times”
Paul Mc Mahon, Ph.D.**
- 9:45 - 10:45 a.m. **WORKSHOP SESSION I – A, B, C, D and E**
- 10:45 - 11:00 a.m. **BREAK**
- 11:00 - 12:00 a.m. **WORKSHOP SESSION II – A, B, F, G, H, I and J**
- 12:00 - 1:00 p.m. **LUNCH (Choice of One Entrée) / APS/MDT Services Award**
- 1:15 - 2:15 p.m. **WORKSHOP SESSION III – B, C, D and E**
- 2:15 - 2:30 p.m. **BREAK**
- 2:30 - 3:30 p.m. **WORKSHOP SESSION IV – B, F, G, H, I and J**
- 3:30 - 4:00 p.m. **DOOR PRIZES/CLOSING**

KEYNOTE SPEAKER

Paul McMahon, Ph.D., is a Clinical Psychologist of both Loma Linda Medical Center and Patton State Hospital where he specializes in hard-to-reach populations like the criminally insane, seniors with mental illness and addicts. Dr. Mc Mahon also teaches at Chaffey College and the University of LaVerne. Dr. Mc Mahon is also a frequent guest on the “Ask Your Doctor” radio show. He is a contributing author for “Well-Being Magazine” articles, including Successful Aging, Health Through the Ages and The Changing Face of Alzheimer’s. Dr. Mc Mahon provides professional staff training bi-annually for Loma Linda University Behavioral Medicine Center on topics such as “Outcome Measurements as it Relates to Patient Care,” “Depression in the Elderly,” “Basic 32 Data Collection,” “Cultural Sensitivity Training,” “Preventing Falls in the Elderly,” “Religion, Spirituality and Coping,” “Mediating Caregiver Burden” and “Physical Health and Aging.”

WORKSHOP A: **Building Local Collaboratives** (AM only)

This workshop will focus on how to work with various organizations to build upon existing programs in response to the changing needs of our communities and programs to assist older adults to achieve optimal physical, functional and mental well-being. Specific examples that will show how effective partnership and collaboration working together can reduce risk to older adults; and how to think “outside of the box” to create resources without incurring any additional cost to aging programs. Participants will be encouraged to identify ways to overcome barriers in collaborating and stimulating creative solutions for building and/or maintaining collaborative efforts.

PRESENTERS

Jane Adams, MBA, Deputy Director, has worked in Social Services for 36 years. In that period of time, Ms. Adams has held many positions starting with Clerk II to her current position as Deputy Director for the San Bernardino County Department of Aging and Adult Services.

Ms. Adams received her Bachelor of Science Degree in Business Administration from Cal Poly-Pomona and her Masters Degree in Business Administration from California State University, San Bernardino.

Ms. Adams is responsible for the Older Americans Act Aging Programs, the Public Guardian and the In-Home Supportive Services Quality Assurance and Fraud Prevention Programs.

In her spare time, Ms. Adams enjoys her family. She and her husband of 38 years have two children and three beautiful grandchildren. Ms. Adams also loves to race walk, having now completed over 30 marathons in addition to many half-marathons and charity races.

Paula McGrew, MSHSA, Staff Analyst Ms. McGrew holds an MSHSA (Master of Science in Health Services Administration) from Cal State San Bernardino and a Paralegal Certificate from Cal State San Bernardino. She successfully transitioned a fifteen-year career in urban planning to the health services field. Ms. McGrew also oversaw American Disability Accommodations for Human Services Department of the County of San Bernardino, consisting of approximately 5,000 employees. She works in the Department of Aging as the Area on Aging Area Planner for San Bernardino County.

Fred Moll is a Program Analyst at Department of Aging and Adult Services for the Title III-B Senior Supportive Services and Title III-E Family Caregiver Support Services Programs. Senior Supportive Services and Family Caregiver Supportive Services are federally-funded programs with services that support older individuals in living as independently as possible in the community; promoting seniors' involvement in the community; and assisting their family members and friends in their role as caregivers of our senior community members. Mr. Moll began working with DAAS in August 2007 and previously worked for ten years as an instructor which included training management, inter-group facilitation and project development.

WORKSHOP B: The Creative Journal Technique
(All day workshop)

She's back! Elizabeth M. Preston, M.A.T., returns this year and will be presenting a full day in response to requests from her participants last year who wanted more time to explore the Creative Journaling process. You will be lead through tools for helping you and your clients find their inner voice. An explanation of how the method works and a sampling of some simple exercises will give you a set of tools like no other therapeutic method. You will be given information on how this method works and why it is so much more powerful than just art or just journaling.

This workshop reaches out to those of us who are being forced to cooperate with life on life's terms, staying in the present, while the rest of the world is doing other things! When we find ourselves trying to adjust to new circumstances that are largely beyond our control, perhaps financially, or adjusting in new relationships, or career changes, we can learn new ways to process problems and feelings using a methodology known as "Creative Journal Expressive Arts." No artistic expertise or knowledge is required in this

method which involves drawing (or scribbling!), and journaling with the left and right hands. We draw inspiration from both the emotional right brain and the local left brain. We can find new avenues to reach out and find the promise of real wholeness in life in the midst of challenging times.

PRESENTER: **Elisabeth M. Preston, M.A.T.** is an educator and artist specializing in wellness coaching, art, and stress reduction techniques. Ms. Preston earned a B.A. in Applied Behavioral Science at the National College of Education, Chicago, Illinois and a Masters Degree from National-Lewis University, Evanston, Illinois. Ms. Preston's specialization is in theories of learning and behavior and she is certified in a unique approach called Creative Journal Expressive Arts (CJEA). She trained with Dr. Lucia Capacchione, the internationally recognized Psychologist, Art Therapist and author who originally developed the CJEA methodology.

Ms. Preston works with many adults in life style transition including seniors, cancer patients, stroke victims as well as conditions such as ADHD, ADD and Asperger's.

WORKSHOP C: New Face of In-Home Supportive Services (IHSS)

This workshop is a panel discussion of the changes in the law that took affect in 2009 and the State budget reductions in the In-Home Supportive Services program. Panelists will discuss how these cuts impact service delivery, as well as the measures that the Department of Aging and Adult Services and the Public Authority are taking to comply with State mandates. Discussion will also center around the impact on clients, social workers and county resources.

PRESENTERS:

G. G. Crawley, MSW, is a Deputy Director for San Bernardino County Department of Aging and Adult Services (DAAS). Ms. Crawley manages the operations of In-Home Supportive Services (IHSS) and Adult Protective Services (APS). Within the DAAS offices, Ms. Crawley serves as Chairperson of the IHSS Advisory Committee. Ms. Crawley has over 32 years of services in the field of social work.

Helen Lopez, MPA is a Public Administrator and Registered Occupational Therapist (OTR) with 20+ years of experience, both as a practitioner and an administrator in organizations providing services in the areas of Behavioral Health, Vocational Rehabilitation, Workforce Development and Gerontology. Ms. Lopez is currently Executive Director for the In-Home Supportive Services (IHSS) Public Authority for San Bernardino County. Ms. Lopez holds a Bachelors Degree in Occupational Therapy from the Medical College

of Virginia (MCV), a Masters Degree in Public Administration from San Diego State University (SDSU) and completed a Juris Doctorate from Northwestern University School of Law.

WORKSHOP D: Mental Health Disorders in the Aging Population; Implications for Service Providers

This workshop will focus on the occurrence of mental health conditions among people, 55 years and older, including cognitive disorders, depression and anxiety disorders, substance abuse disorders, as well as severe mental illnesses (e.g., schizophrenia and bipolar disorder). A decade ago projections were made that increases of mental illnesses among older Americans were going to create special problems for this group (e.g., schizophrenia, dementia, depression). The National Institute of Health has identified depression as the major mental health concern for older citizens. Discussion will include strategies for addressing the mental health needs of older adults.

***PRESENTER:* Connie McReynolds, Ph.D., CRC, Licensed Psychologist**
Dr. McReynolds is a Professor in the Rehabilitation Counseling Program at California State University, San Bernardino. She earned her doctorate in Rehabilitation Psychology at the University of Wisconsin (Madison) and has over 22 years of expertise in the field of Rehabilitation Counseling, including private practice working with individuals with mental and emotional challenges. Dr. McReynolds has managed federal and state awarded grants, authored articles and book chapters on severe disabilities. Dr. McReynolds has also given presentations and guest lectures at the local, state, national and international levels on psychiatric rehabilitation. Dr. McReynolds serves on the Executive Committee of the Board of Directors of the National Rehabilitation Counseling Association and as President of the NRCA Hedgerman Educational Foundation.

WORKSHOP E: Ageism: Don't Worry! You Are Just Getting Old

This workshop will focus on the topic of Ageism in American. The presentation will discuss the definition of ageism, cultural issues, elder abuse, medical ageism, and media ageism. Attitudes about aging and discrimination against older adults in the work place and societal issues will also be presented.

***PRESENTER:* Barbara Massey, MSNP**, is newly retired from being the program coordinator for the Los Angeles County Department of Mental Health Older Adult Services program, GENESIS. Ms. Massey had worked for 41 years as a clinician, training coordinator, Critical Incident Debriefing team member, Disaster First Responder team member, and co-developer of the Department of Mental Health (DMH) Mobile Geriatric Program, GENESIS. With the development and increase in the program over the past 14 years, she

is well recognized in the field of aging for her passion and advocacy for mental health services for older adults. Ms. Massey helped develop and implement the use of geriatric assessment tools and published the Geriatric Assessment Field Protocol for the Department of Mental Health. Ms. Massey has also collaborated with the Glendale Police Department in developing a First Responder assessment protocol for police and paramedics.

Ms. Massey continues to conduct a number of trainings: Suicide Intervention, Problem Gambling and Older Adults, Depression, Delirium and Dementia, Hoarding with Disphobia, and Hoarding Intervention, Use of Older Adult Assessment tools and Substance Abuse and Older Adults. Ms. Massey continues to conduct many trainings for the American Society on Aging. Ms. Massey provides consultation on issues of loss, disaster response, domestic violence, end of life situations and community care for older adults in their homes and communities is also available.

WORKSHOP F: Casa Colina Out Patient Senior Evaluation Program

This workshop will address concerns about memory or Alzheimer's disease, behavioral problems or intellectual changes, fall, balance, weakness or gait problems, aggressive, vs comfort care and palliative care. Participants will gain a better understanding regarding some of the geriatric syndromes, risks of falling and the difference between delirium, dementia and depression.

PRESENTER: **Harvey D. Cohen, M.D.**, is board certified in internal and geriatric medicine. Dr. Cohen is Medical Director of the SEP Program at Casa Colina Rehabilitation Hospital in Pomona. He is also the medical director of Cohen Medical Center in Rancho Cucamonga, CA.

WORKSHOP G: Prevention and Early Intervention Services for the Older Adult Community Services Program

The County of San Bernardino Department of Behavioral Health (DBH) contracts with local agencies to provide prevention and early intervention services to address the community needs of older adults, their families and caregivers who are experiencing disparities in accessing mental health services. This workshop is a panel discussion to provide an overview of services that are currently being provided, eligibility requirements, and how to access services.

PRESENTERS:

Denise Christensen, PhD, LCSW, is a Licensed Clinical Social Worker and Gerontology Specialist, having completed the National Association of Social Worker's Specialty Certification in Gerontology (CSW-G). She is currently

the Program Coordinator for the Older Adult Community Services Program at West End Family Counseling. Dr. Christensen also maintains a private practice in Claremont where her focus is on working with individuals in creating a balance of mind, body and spirit in promoting emotional and physical health using holistic and alternative practices. Dr. Christensen is a member of the Claremont Wellness Professionals and has been actively involved in community service through her church and various other community organizations.

In 2008, Dr. Christensen was invited to participate in a delegation of social workers representing the People to People Ambassador Program and National Association of Social Workers who traveled to South Africa to meet with social workers there to compare the United States' social service systems to those in South Africa. The team also discussed common problems and evaluated areas for potential future collaboration. She has also been a speaker at international and local conferences. Dr. Christensen was the recipient of Inland Hospice's 2008 Humanitarian Award.

Bobbi Martinez is an Area Program Coordinator with Lutheran Social Services. Ms. Martinez has extensive experience in program development, personnel management, budgeting and securing federal, state and foundation grants. Ms. Martinez also has experience in developing and implementing programs in response to emerging community need.

Christopher Lange, B.A., is a Program Specialist with Department of Behavioral Health's Office of Prevention and Early Intervention. Mr. Lange began his career with the County of San Bernardino 13 years ago as an eligibility worker for the Transitional Assistance Department (TAD). Mr. Lange worked for TAD as an Employment Services Specialist for 8 years before coming to the Department of Behavioral Health in 2007. Mr. Lange has a BA in Business from Cal State San Bernardino.

Heather Granger, RN, BSN, SPHN has been the Supervising Public Health Nurse for the Department of Aging and Adult Services in the County of San Bernardino since March of 2009. Ms. Granger is a graduate of Loma Linda University School of Nursing and has worked as a Public Health Nurse for the County of San Bernardino for 11 years in various programs including the Department of Aging, the Transitional Assistance Department and for Child and Family Health Services. Ms. Granger has also worked as an Operating Room Nurse for Hoag Hospital in Newport Beach, CA.

WORKSHOP H: What's Happening with Medicare?

This workshop will detail some of the changes recently made to Medicare under the Medicare Improvement for Patients and Providers Act aka MIPPA. The workshop will also focus on alleviating some existing fears based on things overheard or seen in the media, and explain new developments you can

look for when dealing with the “Universal Healthcare Plan for America’s Elderly and Permanently Disabled.”

PRESENTER: **Ann Kasper, Program Manager** grew up and went to college in the East. Ms. Kasper lived briefly in Germany after marrying an Army officer. When he left the service to return to school, they moved to the Bay area. In 1971 the family moved to Riverside to accept a job, and Ms. Kasper started working for the school district. In 1978 Ms. Kasper became District Director for Campfire Girls in Riverside. In 1984 Ms. Kasper became Riverside County’s Long-Term Care Ombudsman at the Volunteer Center.

Armed with an in-depth knowledge of the long-term care industry, in 1992 Ms. Kasper came to Inland Agency to head up the Health Insurance Counseling and Advocacy Program (HICAP). Ms. Kasper supervised volunteer counselors and staff who inform (after rigorous training) and assist Medicare beneficiaries with their choices and problems regarding various types of supplementing insurance. In addition to counseling, HICAP provides educational seminars about Medicare, related health and drug plans, long-term care to groups of retirees and seniors, people with disabilities and healthcare professionals.

Ms. Kasper has always been very active in various organizations in her community. Following her retirement later this year, she is looking forward to choosing some exciting volunteer work.

WORKSHOP I: Out of the Closet Only to be Put Back In

This workshop will focus on gay, lesbian, bi-sexual and transgendered (GLBT) persons who are currently of retirement age and have seen many changes in their social status. They grew up in the McCarthy era when non-heterosexual orientation was highly stigmatized, then experienced a more open GLBT community in middle age. As they continue to age, many find that the GLBT community itself prizes youthfulness and often shuns older community members. As they anticipate the future, they are fearful that they will be forced back into the closet should they need supportive services.

This workshop will report the findings of a study of 38 GLBT people over the age of 60, residing in San Bernardino County that were conducted for DAAS by California State University, San Bernardino students. It will explore the participants’ expectations for what they may need as they age and how they are likely to be treated by professionals from whom they seek help. These findings will be discussed in the context of this generation’s history and in light of the tendency for other groups with early life trauma to suffer Post Traumatic Stress Disorder (PTSD) in their later years and, as a result, further isolate themselves.

PRESENTER: Rosmary McCaslin, Ph.D., A.C.S.W. is Professor and past Chair of the Department of Social Work at California State San Bernardino. Dr. McCaslin has been at CSUSB since 1990 and was previously a faculty member at the University of Chicago, the University of Texas at Austin and the University of California, Berkeley. Dr. McCaslin earned her M.S.W. and Ph.D. from the University of Chicago's School of Social Service Administration. Dr. McCaslin has been a geriatric social worker for almost forty years and a social work educator for more than thirty.

Professor McCaslin's research and publications have focused primarily on service utilization by the elderly, geriatric service delivery models and issues, the unique talents of older workers and intergenerational family issues in mid- and late-life. Dr. McCaslin is a Fellow in the Gerontological Society of America, has served in various leadership positions in the National Association of Social Workers, and was a founding board member and officer of the Association for Gerontology Education in Social Work (AGE-SW). Dr. McCaslin frequently provides training and consultation to local agencies serving the elderly.

WORKSHOP J: The New Face of Sexual Addictions

This workshop will focus on what constitutes sexual addiction vs. sexual activity that may appear odd but aren't addictions. Tiger Woods and many politicians have made the news lately for their sexual escapades which often appear to be addictive and uncontrollable. It seems we've heard a lot about families and marriages that on the surface appeared "normal" yet were harboring sexual behaviors that often destroyed lives. What is a sexual addiction, and when does sexual behavior cross that blurry line from common preference to destructive activities? Participants will learn facts and statistics about this growing phenomena and how to address this issue when one of those they care for has this addiction.

PRESENTER: Paul McMahon, Ph.D., is a Clinical Psychologist of both Loma Linda Medical Center and Patton State Hospital where he specializes in hard-to-reach populations like the criminally insane, seniors with mental illness, or addicts. Dr. McMahon also teaches at Chaffey College and the University of LaVerne. Dr. McMahon is also a frequent guest on the "Ask Your Doctor" radio show. Dr. McMahon is a contributing author for "Well-Being Magazine" articles including Successful Aging, Health Through the Ages and The Changing Face of Alzheimer's. Dr. McMahon provides professional staff training bi-annually for Loma Linda University Behavioral Medicine Center on topics such as "Outcome Measurements as it Relates to Patient Care," "Depression in the Elderly," "Basic 32 Data collection," "Cultural Sensitivity Training," "Preventing Falls in the Elderly," "Religion,

Spirituality, and Coping,” “Mediating Caregiver Burden, “and “Physical Health and Aging.”

CONFERENCE COMMITTEE MEMBERS

Denise Christensen, PhD, LCSW - West End Family Counseling
Rev. Jim Covey, Executive Director - Inland Hospice Association
Glenda Jackson, MSW, - Department of Aging and Adult Services, San Bernardino County, Chairperson
Barbara Freeman, BS, - Resident Service Coordinator
Stuart C. Young, MSW, Performance Education Resource Center (PERC)
Bernadine Smith, OA III – Department of Aging and Adult Services
Joe Hoover, Liaison, Home Watch Caregivers